(c) whether such a study could also include use of other low-cost fruits, vegetables, etc. so that middle or lower-middle income groups can adequately take advantage of the same?

THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE (SHRIMATI PANABAKA LAKSHMI): (a) and (b) According to Indian Council of Medical Research (ICMR), a study was conducted by Scripps Clinic in San Diego, US, on the effects of grape fruits and grapefruit products on body weight and metabolic syndrome. The study found that the groups consuming fresh grapefruit capsule and grapefruit juice demonstrated a significantly greater weigh loss. ICMR has stated that this a pilot study and that no generalization can be made on the basis of this study alone.

(c) Studies conducted at National Institute of Nutrition and elsewhere have shown that consumption of high fiber and low calorie food decrease the weight. The vegetable/fruits which are low in calories, low in sodium, high in potassium, packed with fat-burning enzymes, rich in soluble fiber content and more water content are considered important in weight reduction.

Adjustable Stretchers in Safdarjung Hospital

1270. SHRI MOTIUR RAHMAN: Will the MINISTER OF HEALTH AND FAMILY WELFARE be pleased to state:

(a) whether adjustable stretchers are not available in Safdarjung Hospital and if so, the reasons therefor;

(b) what steps are proposed to be taken to immediately replace all the stretchers with adjustable stretchers for the benefit of the obese and old-age patients; and

(c) if not, the reasons therefor?

THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE (SHRIMATI PANABAKA LAKSHMI): (a) to (c) Yes, Sir. However, detachable patient trolleys/stretchrs and foot steps are available in Safdarjung Hospital to cater to the need of the patients especially obese and old age patients.